

UNDERSTANDING THE CORE OF IB

CAS and Extended Essay



NOTES ABOUT THE CORE

- This is what colleges love about IB
 - Students will be involved and engaged
 - Students are capable of collaboration and independence
 - Students can investigate and research
 - Students are reflective



CREATIVITY - ACTIVITY - SERVICE (CAS)

- Core value: learning outside of the classroom is important
 - What makes IB special is that it is not just about the curriculum
- Two overarching objectives:
 - Personal growth
 - impact on the community



QUESTIONS TO CONSIDER

- What do you want to learn how to do or do better?
- What do you care about?
- What is a future career that you might want to explore?
- How do you spend your time?



CAS REQUIREMENTS

- 2-3 hours week should be spent on CAS experiences
- Must last 18 months (September 2018- March of 2020)
- All 3 strands (C - A - S) must be addressed
- All 7 Learning Outcomes must be addressed
- Do not do hours counting!
 - Quality over quantity



THE LEARNING OUTCOMES

1. Identify own strengths and areas for growth
2. Undertaking new challenges, developing new skills
3. Demonstrate how to initiate and plan a CAS experience
4. Show commitment to and perseverance in CAS experiences
5. Demonstrate the skills and recognize the benefits of working collaboratively
6. Demonstrate engagement with issues of global significance
7. Recognize and consider the ethics of choices and actions



PROCESS

- Students submit plan on paper in TOK
 - Must be typed, students have downloaded the template
- Once approved, students post plans to Manage-Bac
 - Scan the approved plan and add to documentation
- Students will post reflections every 2-3 weeks
 - What is going well? What could be going better?
 - What have you enjoyed? What have you struggled with?
 - More than just the facts of what you have done
- Students must collect documentation / evidence
- Answer CAS questions to explicitly address learning outcomes



CAS PROJECT - JANUARY OF 2019 WILL BE INTRODUCED

- Must be collaborative
 - Distinct individual contributions
- Should combine 2 of the strands
- Minimum of 1 month in duration
- Students are encouraged to do more than 1 project
- Please identify a genuine need for the project
- Focus efforts locally (can still have a global connection)



HOW PARENTS CAN HELP

- Access Manage-Bac and check progress
 - Use benchmarks to assess progress
- Have conversations to generate ideas
- Do experiences with the kids



Sign In | 8 ways to take screenshot | ManageBac | CAS Works |

Secure | https://capecoral.managebac.com/teacher/year-groups/11036746/activity/users/12701119/cas

Apps | leeschools.net bookmarks | Blackboard Learn | Cape Coral High Sci | Cape Coral High Sci | Global Home | Gradebook Grid | Login | My Dashboard - Do | Smartbacc | Suggested Sites | Welcome to the Pur...

GENERAL

- Dashboard
- Homeroom
- Reviews & Progress
- Curriculum
- Unit Analytics
- Blog

ACADEMICS

- Year Groups
 - IB Diploma Class of 2019 (Grade 12)
 - IB Diploma Class of 2020 (Grade 11)
- See all Year Groups
- Classes
- Groups
- IB Parents Association

Overview Plans CAS Extended Essay Messages Calendar Files Members

← Andrew (Andrew) Gascon

Cross Country 40 hours 1

School based 2 reflections

Goal(s): _____ To break 25 minutes in a 5k as well as complete more than three races Learning Outcomes (2-4) please include description of how addressing outcome (s) _____ 1. identify strength and area for growth: Endurance has been an issue and...

Outcomes Hours Progress Timeline

Strength & Growth 1

Challenge & Skills

Initiative & Planning

Commitment & Perseverance 1

Collaborative Skills

Global Engagement

Ethics of Choices & Actions

Student has completed the CAS Programme

Total Reflections: 2

CAS Documents

CAS_Progress_Report_-_Andrew_Andrew_Gascon_-_2018-10-04_to_2018-10-04.pdf
Uploaded Oct 15, 2018 at 7:18 AM

Add Document

Notes & Interviews

B I

Record as Interview Note

Preset Comments

Quick Start Guide

View all Reflections and Evidence

Archived Experiences

Generate Reports

OVERALL CAS PROGRESS

On-track

CAS ADVISOR

LEGEND

- Approved
- Completed
- Rejected
- Needs Approval
- CAS Project

< Reviewing 39 of 126 Students >

TOTALS

Approved: 0 4 0

Completed: 0 4 0

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10/15/2018



file:///C:/Users/andrewd/Downloads/CAS_Progress_Report_-_Andrew_Andrew_Gascon_-_2018-10-04_to_2018-10-04.pdf

leeshools.net bookmarks Blackboard Learn Cape Coral High School Cape Coral High School Global Home Gradebook Grid Login My Dashboard - Dashboard Smartboard Suggested Sites Welcome to the Portal

Coral High School 1 / 1

October 2018

Student Name: Andrew (Andrew) Gascon

A student's CAS portfolio must consist of experiences that have them involved outside of the classroom, within the school, and within the local and international communities. There should be a balance between the three categories: Creativity, Activity, and Service. See your child's CAS booklet for a full description of these categories.

CAS Experiences

No experiences have been submitted.

To be approved, plans must include a scanned copy of the signed CAS experience template signed by Student, Parent/Guardian, and CAS coordinator. All information from the Goals, Learning Outcome and Description of Activity Boxes must be posted as well.

Overall Progress: 🟢 On-track

Learning Outcomes

Students must provide evidence that they have met seven learning outcomes through their involvement in the CAS experiences they describe. Reflections will often be in the form of a written reflective journal backed up with photos and other documentation.

Listed below are the outcomes that have been, or will be addressed, through their involvement with the above listed experiences. Note that in many cases an outcome will be met by more than one experience while in other cases an experience might not meet any outcomes.

Strength & Growth	_____	
Challenge & Skills	_____	
Initiative & Planning	_____	
Commitment & Perseverance	_____	
Collaborative Skills	_____	Excellent More than one CAS plan approved and posted in Manage Bac
Global Engagement	_____	On Track One CAS plan approved and posted in Manage Bac
Ethics of Choices & Actions	_____	Concern No CAS plans posted or posted and not able to be approved in Manage Bac

— Experiences with Reflections & Questions — Planned Experiences

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EXTENDED ESSAY

- Independent investigation supported by a supervisor
- Culminates in a paper of no more than 4000 words
- Process begins in December with introduction to process
- Help students pick a topic worth investigating
 - Must fit into an IB subject that the student is taking
- Outline due early April
- 1000 words due end of April
- Rough draft due in May
- Final draft due next September



HOW CAN PARENTS HELP?

- Help ensure that the student selects a topic where there is genuine interest and can be researched.
- Ask to explain the topic. Does it seem understood?
- Ask to explain the main argument.
 - Does it sound like an actual argument or a description?
- Ask to see reflections that have been written after meeting with the supervisor.
- Ask to see the Researcher's Reflection Space



BONUS POINTS

TOK / EE	A	B	C	D	E
A	3	3	2	2	Failing Condition
B	3	2	2	1	
C	2	2	1	0	
D	2	1	0	0	
E	Failing Condition				



GRADUATION REQUIREMENT AND BRIGHT FUTURES

- Eligibility for IB Diploma is graduation requirement
 - Some traditional requirements waived
 - Must complete CAS, EE, and all IB Assessments
- Bright Futures now fully funds tuition
 - Need 100 service hours
 - CAS hours can be used, but must upload letterhead statement from organization verifying hours completed.

